

You are a prisoner. Unless you let go

By Ng K-Cia (20) 305

I believe in forgiveness. "To forgive is to set a prisoner free and discover that the prisoner was you." quoted by Lewis Benedictus Smedes. This really summarises my belief. Indeed, many people are unwilling to forgive others as they are hurt deeply by that person. However, they do not realise that by holding back, the person that they end up hurting more is actually themselves. They are trapping themselves up in a cage filled with hatred towards the world and the past will haunt them every day. I know exactly how it feels because I was once one of those foolish people.

I can still remember that in the past, whenever someone hurt me, it would take a long time for me to forgive that person. Even for little things like my sister taking my things without permission and my friend not keeping her promises, I would not forgive them easily. However, there was once when I accidentally betrayed someone close to me, and I thought that we will be enemies forever. I absolutely regretted what I had done. It felt like my world was falling apart. However, to my utmost surprise, that person forgave me for what I had done. I felt like a lighted candle once again. When I asked her how she managed to let go so easily, she simply replied, "Well, I just wanted to be free." I pondered over that sentence and it struck me that by holding back, I am trapping myself up in a cage, causing hatred to control how I see the world. I will think that everyone is out to hurt me and peace will not come to me.

It was just because of that one act of open-heartedness that changed me inside out. From a person who holds grudges, I changed to a person with an open-mind. Therefore I believe that forgiveness is the best medicine to heal any emotional wounds.

Undeniably, forgiving takes big courage. To forgive means to put aside all hatred you have towards that person. It unmistakably takes a huge amount of courage and will. Yet, from my religion, I learnt that Jesus Christ died on the cross for my sins. He forgave everyone on Earth even before we were born. I thought about freeing myself and took Jesus as my example, and it helped me to let go easily.

This I Believe Final copy

I managed to pluck up that courage and put down the heavy burden. Many great things awaited me thus I believe that forgiveness is truly, the key to true freedom and happiness.